









Following increasing levels of Coronavirus cases across the UK there have been further amendments and restrictions put in place across each Nation of the British Isles.

These tables were **last updated on 10th November 2020 (Wales permitted activities updated)**

	England 5th Nov – 2nd Dec	Northern Ireland 16th Oct – Nov 13th	Wales From 9th November
 How many people outdoors	You can exercise or meet in outdoor public spaces with one other person not from your household, you cannot meet in a private garden. No in-person u3a activities can take place during this time.	Up to 6 people from no more than 2 households can meeting in a private garden. Up to 15 people can meet outdoors whilst maintaining social distancing.	You can meet with up to 3 other people from different households outdoors including exercising together, maintaining social distancing and hygiene measures. However, you are advised to limit the number of people you are seeing in this way. Groups of 4 are a maximum , not a target.
 Meeting Indoors	You must not meet socially indoors with anyone who is not in your immediate household or support bubble.	Households are not allowed to mix indoors in private homes. There are no relevant exemptions for u3a groups to meet.	Two households can join together to form an extended or exclusive household bubble and can meet together in a private home.
 Travel	You should avoid travelling in or out of your local area, and you should look to reduce the number of journeys you make	Avoid all unnecessary travel. Where travel is necessary for work, education or health and care use private vehicle, cycle, or walk.	There are travel restrictions within Wales for residents. However, there is no travel permitted between England and Wales unless this is essential i.e. for work, caring or health requirements. This is because England went into lockdown until 2nd Dec.
 Permitted activities	There are no-face-to face u3a activities that can take place at this time. All outdoor and indoor leisure, entertainment or sporting venues including but not limited to: Community Halls, golf courses, dance studios, swimming pools, museums, galleries, theatres, concert halls and botanical gardens will be closed.	Indoor sports and other organised contact sports involving households mixing is not permitted other than for elite sports. Gyms, sports halls, and swimming pools are open only to individuals. Community halls are not permitted to open. Outdoor attractions and country parks are open as are museums, galleries, and cultural activities, open to individuals.	Up to 15 people can take part in Covid-Secure premises indoors for organized activities following appropriate risk assessments. Up to 30 people can meet outdoors for organized activities providing social distancing and safety measures are observed.

Scotland	Scotland Various Protection Levels from 3 rd November				
	Level 0	Level 1	Level 2	Level 3	Level 4
 <p>How many people outdoors</p>	<p>You can meet people from other households outdoors including private gardens. Maximum 15 from 5 separate households</p>	<p>You can meet a maximum of 6 people from 2 households outdoors including private gardens and public spaces.</p>			
 <p>Meeting Indoors</p>	<p>You can meet people indoors in your home. Maximum number 8 people from 3 households</p>	<p>No socialising indoors with people from other households in your home. In public places the maximum you can meet is 6 from 2 households.</p>			
 <p>Travel</p>	<p>If you live in a level 0,1 or 2 area, minimise journeys between areas in different levels.</p> <p>Avoid any unnecessary travel to places in Level 3 or Level 4 areas.</p>			<p>Avoid any unnecessary travel out of a level 3 or 4 area. Keep journeys within the area to a minimum</p>	
 <p>Permitted activities</p>	<p>You can meet others outdoors for informal exercise or sports, following the rules for meeting people outdoors. Organised sports indoors in Covid-Secure venues or outdoors are permitted following appropriate activity Covid safety measures. Specific guidance can be found at: https://sportsotland.org.uk/Covid-19/latest-sport-and-physical-activity-guidance/</p>			<p>You are permitted to meet others outdoors, in levels 3&4, following the rules for meeting other households (max 6 from 2 households) for informal exercise or sport.</p>	
				<p>In level 3, only indoor solo individual exercise is permitted</p>	<p>In level 4 indoor sports facilities are closed.</p>

Whilst many U3As may initially have felt that the limitation imposed as a result Coronavirus would only last for a short time, it is clear its impact is going to be much longer term and that we will need to work collaboratively and supportively to keep the movement going.